

**OFFICIAL YOUTH TRACK PROGRAM RULES AND REGULATIONS**

**2013**

**LAFAYETTE RECREATION AND PARKS DEPARTMENT**

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## **2013 YOUTH TRACK GOALS AND OBJECTIVES**

We believe that this program is a great event for the youth of Lafayette Parish and its surrounding neighbor Parishes. The program is for girls and boys ages 7-14. The purpose of this program is to give the youth in this age range an opportunity to participate on an individual and/or team basis in track and field events; and to generate interest in this sport. We would hope that each individual who participates in the program could and would experience some degree of success.

Anyone of the appropriate age may participate as long as they have a responsible adult supervising them. There will be no team score kept. We want this program to remain in the proper prospective and be fun for the youth.

It is the intention of this program to supplement rather than to take the place of other forms of track and field competition.

Other objectives of track and field are:

1. To develop speed, agility and endurance in running and throwing.
2. To develop skills in the various events that someday may lead to successful participation in class, intramural and varsity competition.
3. To provide an opportunity for the youth to compete in a good, healthy athletic activity.

Through hard work and proper communication, we can and will accomplish the above goals and objectives.

## **2013 YOUTH TRACK PROGRAM**

The purpose of this program is to provide an opportunity for youngsters ages 7-14, (girls and boys), to compete in wholesome, healthful activities while developing an interest in the sport of track and field. It is the intention of this program to supplement rather than to take the place of other forms of track and field competition.

### **DATES OF MEETS**

March 16, 2013	Ages 7-8 9-10 11-12 13-14	9:00 a.m.
March 23, 2013	Ages 7-8 9-10 11-12 13-14	9:00 a.m.
April 6, 2013	Ages 7-8 9-10 11-12 13-14	9:00 a.m.
April 13, 2013	Ages 7-8 9-10 11-12 13-14	9:00 a.m.

**\*\*All meets will be held at Lafayette High School\*\***

**\*NO shoes designated for spikes will be allowed.!!!\***

### **SCRATCH MEETING**

All track meets will begin promptly at 9:00 a.m. We suggest that participants be at the field in ample time to warm up prior to their first event. There is no registration for any meets.

### **ELIGIBILITY**

The intent of the Lafayette Parish Track and Field Youth Program is to provide a basic, playground form of participation for the youngsters of this parish. Any boy or girl 7-14 years of age is eligible to participate in this program. Any question regarding eligibility will be referred to the Program Director.

Unsportsmanlike conduct (disrespectfully addressing an official, using profanity, criticizing an opponent or an official, throwing a baton following a relay, etc.) is conduct that is unfair or language that will bring discredit to the individual or his team and could result in disqualification. Any competitor who is disqualified for unsportsmanlike conduct is ineligible for further participation in the meet in progress and forfeits an award due.

### **AGE GROUPS**

Contestants will compete in events according to the individual's age. There will be three age groups:

- 7-8 year olds
- 9-10 year olds
- 11-12 year olds
- 13-14 year olds

Competitors will determine which age group to enter by calculating the participant's age on December 31, 2013.

- Seven year olds have to be born during 2006.
- Eight year olds have to be born during 2005.
- Nine year olds have to be born during 2004.
- Ten year olds have to be born during 2003.
- Eleven year olds have to be born during 2002.
- Twelve year olds have to be born during 2001.
- Thirteen year olds have to be born during 2000.
- Fourteen year olds have to be born during 1999.

A boy or girl must participate in his or her age division. No participant may change or run in another age classification. Any contestant who enters or competes in an age group in which he or she does not legally belong will be disqualified from that event.

## **EVENTS**

### 7-8 (Boys and Girls)

1. 30-meter dash
2. 50-meter dash
3. 100-meter dash
4. 200-meter dash
5. 4X100-meter relay\*
6. Standing Long Jump
7. Softball Throw

### 9-10 (Boys and Girls)

1. 50-meter dash
2. 100-meter dash
3. 200-meter dash
4. 400-meter dash
5. 4X100-meter relay\*
6. Standing Long Jump
7. Softball Throw

### 11-12 (Boys and Girls)

1. 100-meter dash
2. 200-meter dash
3. 400-meter dash
4. 800-meter run
5. 4X100-meter relay\*
6. Standing Long Jump
7. Softball Throw

### 13-14 (Boys and Girls)

1. 100-meter dash
2. 200-meter dash
3. 800-meter run
4. 1600-meter run
5. 4X100-meter relay\*
6. Standing Long Jump
7. Softball Throw
8. High Jump

\*Suggested that relay teams wear similar tops.\*

### **TRACK EVENTS**

- Events will run in meters.
- Each heat in an event is considered a final.
- Times will be recorded to 100ths.
- Starting blocks are not permitted.
- All running events, excluding the 800-meter and 1600-meter runs, will be contested in lanes the entire distance.
- Running events take priority over a field event scheduled at the same time.
- Relay team members need not all attend the same school in order to be eligible for competition. The only requirements that need to be met are age and sex.

### **PARTICIPATION LIMITATIONS**

Each competitor is solely responsible for promptly reporting for each event entered. They will report at the starting line for **ALL** running events and to the designated area for field events. **SUGGESTION:** We suggest that a participant change events from one week to the next.

### **SEX DIVISIONS**

Contestants will compete within one sex division. Males will compete with males and females will compete with females.

### **UNIFORM REQUIREMENTS**

The track uniform shall consist of a minimum of a t-shirt or blouse, boxer type trunks or shorts, which are not objectionable, or a gym suit and shoes.

Shoes are mandatory for all track and field events. No athlete will be allowed to compete in bare feet. No shoe designated for spikes will be allowed. The use of ballet type slippers or sweat socks does not meet the requirement of this rule.

### **SOFTBALL THROW**

The softball throwing competition will be conducted using a leather surface softball supplied by the Meet Directors.

The Throw may be from either a standing position or with a run-up.

Stepping on or over the scratch line constitutes a foul. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial.

Each thrower will be allowed three (3) successive attempts. The longest throw will be considered the winner.

In the event of a tie, the contestant whose **next** best performance of any other competitor tied for that place shall be the winner.

Each legal throw shall be measured from the middle of the scratch line for distance. All distance will be measured in feet and inches.

### **STANDING LONG JUMP**

A competitor may rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground. Both feet must be parallel to each other, an equal distance from the scratch line before jumping. Both feet must leave the ground at the same time. The jumper must take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial.

Each jumper is entitled to three (3) jumps. Each legal jump shall be recorded. The contestant with the longest jump shall be considered the winner. All distances will be measured in feet and inches.

In case of a tie, the contestant whose **next** best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.

Each legal jump shall be measured perpendicularly to the scratch line or its extension to the point touched by the person or apparel of the jumper that is nearest the scratch line or its extension.

### **HIGH JUMP**

13-14 (Boys and Girls) **ONLY**

There will be no preliminaries in the high jump, and the event will be run straight through. Three misses at any given height and the participant is eliminated from the event. The contestants must take off from one foot, and if the bar, in the opinion of the judge, is knocked off by the jumper it is a miss regardless as to whether or not he is in or out of the pit.

The beginning height for girls will be 3'6", boys beginning height will be 4'. The bar will be moved up 3" in each jump.

In the event of a tie, places shall be awarded as follows:

- 1) The competitor with the lowest number of trials for the height at which the tie occurs shall be awarded the higher place.
- 2) If the tie still remains, the competitor with the lowest total number of misses throughout the competition (up to and including the height last cleared) shall be awarded the higher place.